

Abstrak

FAKTOR-FAKTOR YANG MEMENGARUHI KONDISI KADAR HbA1c PADA PENDERITA DIABETES MELITUS PESERTA PROLANIS DI PUSKESMAS PURWOKERTO BARAT KABUPATEN BANYUMAS

Latar Belakang : Prolanis merupakan program pemantauan berkelanjutan bagi penderita penyakit kronis seperti Diabetes melitus (DM), dengan penilaian kadar HbA1c sebagai indikator utama kontrol gula darah. Kadar HbA1c yang tinggi menunjukkan kontrol yang buruk dan berisiko menimbulkan komplikasi, sehingga perlu diteliti faktor-faktor yang memengaruhinya untuk mendukung pengelolaan DM yang lebih optimal.

Metode : Penelitian ini merupakan studi kuantitatif dengan desain *cross-sectional* yang dilakukan di Puskesmas Purwokerto Barat. Populasi penelitian ini adalah 62 peserta pengukuran HbA1c pada Oktober 2024 yang memenuhi kriteria inklusi dan eksklusi. Sampel diambil dengan metode *total sampling*. Variabel bebas pada penelitian ini yaitu usia, jenis kelamin, pekerjaan, tingkat pendidikan, merokok, aktivitas fisik, pola konsumsi makan, lama menderita DM, frekuensi kunjungan prolanis, sedangkan variabel terikat yaitu kadar HbA1c. Instrumen penelitian menggunakan kuesioner wawancara dan rekam medis pada bulan Oktober 2024. Analisis data berupa analisis univariat, bivariat dengan uji *chi square*, dan multivariat dengan regresi logistik.

Hasil Penelitian : Hasil univariat menunjukkan kadar HbA1c terkontrol (51,6%), usia < 45 (59,7%), perempuan (61,3%), pendidikan rendah (62,9%), tidak bekerja dan bekerja (50,0%), ada riwayat DM (71,0%), tidak merokok (61,3%), lama menderita DM < 5 tahun (74,2%), patuh kunjungan prolanis (61,3%), pengetahuan baik (67,7%), aktivitas berat (77,4%), pola makan kurang baik (56,5%). Hasil bivariat menunjukkan ada hubungan antara usia, pengetahuan, riwayat DM, merokok, dan kunjungan prolanis, tetapi tidak dengan jenis kelamin, pendidikan, pekerjaan, aktivitas fisik, pola konsumsi makan, dan lama menderita DM. Hasil multivariat menunjukkan terdapat pengaruh antara usia ≥ 45 tahun dan kebiasaan merokok.

Simpulan : Faktor yang memengaruhi kadar HbA1c pada penderita DM yang mengikuti prolanis di Puskesmas Purwokerto Barat adalah usia ≥ 45 tahun dan kebiasaan merokok.

Kata Kunci : Diabetes melitus (DM), kadar HbA1c, prolanis, faktor risiko

Abstract

FACTORS AFFECTING HbA1c LEVELS IN DIABETES MELLITUS PATIENTS PARTICIPATING IN THE PROLANIS PROGRAM AT PURWOKERTO BARAT PUBLIC HEALTH CENTER BANYUMAS REGENCY

Background : Prolanis is a continuous monitoring program for patients with chronic diseases such as Diabetes Mellitus (DM), using HbA1c levels as the primary indicator of blood glucose control. Elevated HbA1c levels indicate poor glycemic control and an increased risk of complications; therefore, it is important to investigate the influencing factors to support more effective DM management.

Methods : This study is a quantitative research with a cross-sectional design conducted at Purwokerto Barat Public Health Center. The study population consisted of 62 participants who underwent HbA1c measurement in October 2024 and met the inclusion and exclusion criteria. The sample was obtained using a total sampling method. The independent variables in this study were age, gender, occupation, education level, smoking, physical activity, dietary patterns, duration of having diabetes, and frequency of Prolanis visits, while the dependent variable was HbA1c level. Data collection instruments included an interview-based questionnaire and medical records from October 2024. Data analysis involved univariate analysis, bivariate analysis using the chi-square test, and multivariate analysis using logistic regression.

Result : Univariate analysis showed that 51.6% of respondents had controlled HbA1c levels; 59.7% were under 45 years old, 61.3% were female, 62.9% had low education, and 50.0% were either employed or unemployed. Additionally, 71.0% had a history of diabetes, 61.3% did not smoke, 74.2% had been diagnosed with diabetes for less than 5 years, 61.3% regularly attended Prolanis visits, 67.7% had good knowledge, 77.4% engaged in heavy physical activity, and 56.5% had poor dietary patterns. Bivariate analysis showed a significant relationship between age, knowledge, history of diabetes, smoking, and Prolanis visit frequency, but not with gender, education, occupation, physical activity, dietary patterns, or duration of diabetes. Multivariate analysis revealed that age ≥ 45 years and smoking habits had a significant influence on HbA1c levels.

Conclusion : Factors influencing HbA1c levels in diabetic patients participating in the Prolanis program at Purwokerto Barat Public Health Center are age ≥ 45 years and smoking habits.

Keywords : Diabetes melitus (DM), HbA1c levels, prolanis, risk factors